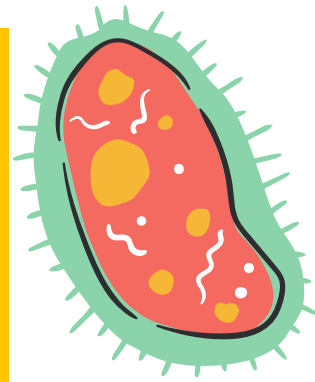
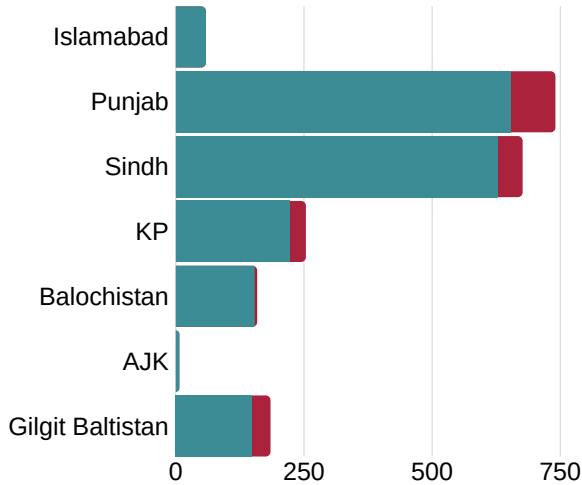


Situations like the coronavirus pandemic can quickly become a catalyst for social conflict due to misinformation, rumors and fake news, as we've seen in the past. Every day we continue to see more false information shared throughout communities, confusing citizens and leaving them unsure as to who can answer their questions.



Confirmed Cases



The **Pakistan Coronavirus CivicActs Campaign (CCC)** captures rumors and perceptions among communities to eliminate information gaps between the government, media, humanitarian agencies and citizens. By providing the public with facts, these coronavirus bulletins aim to create a better understanding of needs regarding coronavirus and to debunk rumors before they can do more harm.



DON'T PANIC!

Follow these steps to help prevent the spread of coronavirus.

- Wash your hands frequently with soap and water for at least 20 seconds. Use hand sanitizer (with at least 60% alcohol) if soap and water aren't available.
- Cover your nose and mouth (with your elbow or a tissue) when sneezing.
- Avoid crowded places and practice social distancing. If you think you have been exposed to someone with coronavirus, quarantine yourself for a minimum of 14 days and monitor any symptoms.
- Do not stockpile supplies.

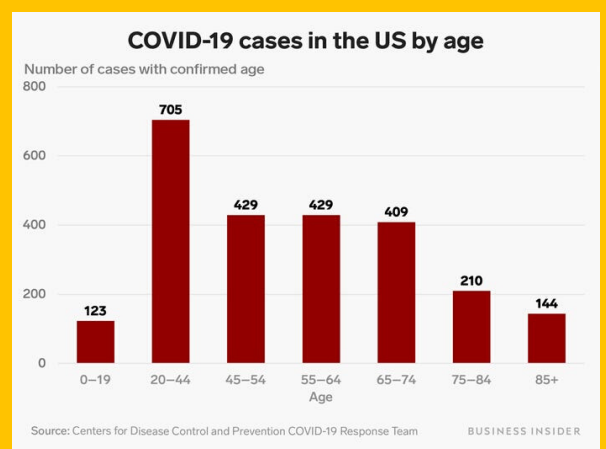
IS IT TRUE?

Is anything being done about the shortage of hand sanitizer?

Yes. Aside from local hand sanitizer brands and the Pakistan Council for Scientific Research, popular drinks company, Murree Brewery has asked the Government of Punjab for permission to manufacture alcohol-based hand sanitizers to meet the demand of eager customers looking to protect themselves against coronavirus. In his letter to the Punjab Director General of Excise and Taxation, Chief Executive of Murree Brewery Company, Mr. Isphanyar M Bhandara wrote that as a responsible company, Murree Brewery wants to play its role in manufacturing hand sanitizers to help the nation in this difficult time. Anyone who wishes to make their own hand sanitizer at home can do so using this recipe by the [World Health Organisation](#).

No. Everyone is at risk of catching the virus, but older people (over 65) and people with pre-existing medical conditions are considered more at risk. Data gathered by the CDC shows that in the United States, people under the age of 50 make up a significant portion of patients requiring treatment. In Pakistan, a majority of cases have been in people aged 21-30. According to the World Health Organisation, 34% of coronavirus cases in Pakistan have been confirmed in people between the ages of 18-35. It is important to remember that no one is immune to coronavirus, people of all ages are susceptible and should take the necessary actions to protect themselves.

Are older people the only ones at risk of catching coronavirus?



I heard hand sanitizer can burn your hands. Is this true?

No. The viral Facebook post showing a picture of burnt hands is a hoax. While alcohol is a flammable substance, alcohol in hand sanitizer evaporates completely once it has been rubbed into one's hands, leaving nothing to catch on fire. As a safety measure, one can make sure to wash their hands with soap and water before handling fire, rather than using an alcohol based hand sanitizer.

IS IT TRUE?

Is hantavirus the next global pandemic?

No. Hantaviruses are a family of viruses spread mainly by rodents, and is spread to people via aerosolized virus that is shed in the urine, feces, and saliva of the animal, and less frequently by an infected animal biting a person. While humans can contract hantavirus from an infected animal, it cannot be passed from person to person, making it impossible for it to spread as fast and wide as coronavirus. The best way to prevent hantavirus is to avoid close contact with wild rodents.

Are hospital out-patient departments closed due to COVID-19?

Hospitals across the country have closed their out-patient departments to prevent the spread of coronavirus. In Punjab, the Young Doctors Association pointed out that many patients who visit OPDs daily have weak immune systems, and if even one person who has coronavirus visits the OPD, they risk exposing all other patients. Unfortunately, this means that high numbers of patients suffering from other ailments will not receive treatment, as even emergency departments are reluctant to treat patients due to shortage of personal protective equipment.

What is happening to animals stuck in live animal markets that have closed due to coronavirus?

When government lockdowns went into place, businesses deemed non-essential had to shut down. This included pet shops, even ones selling live animals. In Karachi, the government of Sindh opened up shops at Empress Market for the [Ayesha Chundrigar Foundation \(ACF\) Animal Rescue](#) team to remove as many animals as possible, however there are still many live animals locked up in the shops without access to food or water. Ms. Chundrigar estimates that 70% of the animals remaining in the shops are dead, with the remaining 30% in bad condition, and noted that her team is being denied access to rescue the remaining animals.

Sources: [Geo](#) [The News 1](#) [The News 2](#) [The News 3](#) [Pro Pakistani](#) [Nayadaur 1](#)
[Nayadaur 2](#) [Dawn](#) [ARY](#) [Tribune](#) [Balochistan Express](#) [Medicine Net](#)
[Daily Times 1](#) [Daily Times 2](#) [World Economic Forum](#) [Stat News](#) [Business Insider](#)



What do I do if I think I have coronavirus?

Do you have any symptoms?

- **Fever**
- **Shortness of breath**
- **Dry cough**
- **Tiredness**



If so, contact your doctor or the coronavirus helpline at 1166.

Where can I get tested?

Karachi

Aga Khan University Hospital

Stadium Road, Karachi

Civil Hospital

DOW University Campus
Mission Road, Karachi

Dow Medical Hospital

Ojha Campus
Suparco Road, Karachi

Indus Hospital

Opposite Darussalam Society, Korangi
Crossing, Karachi

Lahore

Punjab AIDS Lab

PACP Complex
6 - Birdwood Road, Lahore

Shaukat Khanum Memorial Hospital

7A Block R-3 M.A. Johar Town, Lahore

Islamabad

National Institute of Health

Park Road
Chak Shahzad, Islamabad

Rawalpindi

Armed Forces Institute of Pathology

Range Road
CMH Complex, Rawalpindi

Multan

Nishtar Hospital

Nishtar Road,
Justice Hamid Colony, Multan

For more cities visit the
[COVID-19 Health Advisory Platform](#)



Coronavirus CivActs Campaign is brought to you by
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